

**Team Building  
Tabletop Training  
7/23/2016**

**Why Team Build?**

**When should you start working on team building?** Right away, and more than once/year

- Think about each member's strengths? Does everyone appreciate each other's strengths?
- Think about some areas where there may be conflicts: between members, over an issue?
- Does the team know each other?
- Do some members focus on their own success at the risk of the group?
- How good is the communication in the group?
- Do your team members know how to share tasks and act as a team?
- How willing to accept change is each member on the team?
- How new to leadership are your members? Do they need confidence building?

**Some team building resources:**

<http://wheniwork.com/blog/team-building-games/>

Personality Tests: <http://discpersonalitytesting.com/>

<https://www.wrike.com/blog/3-lessons-on-high-performing-teams-from-ted-talks/>

<http://www.innovativeteambuilding.co.uk/free-team-building-activities/>

## Example Activities:

For bonding:

- Spend 15 minutes each meeting with a networking/social kind of event to reinforce relationships
- Meet before the general meeting and everyone bring a treat to share from tradition or culture: discuss why you brought it
- Meet for breakfast or lunch once/quarter
- Host a cookout/BBQ at someone's house and bring significant others/kids

For Communication ([https://www.mindtools.com/pages/article/newTMM\\_52.htm](https://www.mindtools.com/pages/article/newTMM_52.htm)):

**Back-to-Back Drawing** – Divide your group into pairs, and have each pair sit on the floor back to back. Give one person in each pair a picture of a shape, and give the other person a pencil and pad of paper.

Ask the people holding the pictures to give verbal instructions to their partners on how to draw the shape – without actually telling the partners what the shape is. After they've finished, ask each pair to compare their original shape with the actual drawing, and consider the following questions:

- How well did the first person describe the shape?
- How well did the second person interpret the instructions?
- Were there problems with both the sending and receiving parts of the communication process?

For Trust (<http://www.innovativeteambuilding.co.uk/free-team-building-activities/free-trust-team-building-activities/>)

### Blind Wine Waiter

**Overview:** Teams of six must successfully find, uncork and pour a bottle of wine into five glasses. Each team member must carry out no more than one element of the task and at least five of the team must wear blindfolds.

### Dream Trip

**Overview:** A light-hearted introductory activity, which encourages participants to find out a bit more about their work colleagues. Working in pairs, participants are asked to describe how they would spend their time and money if they were given one month away from usual work and domestic routines and responsibilities with an unlimited budget. These Dream Trips are then shared with the group as a whole.